



Asian Chicken Schnitzels & Garlic Rice

with Teriyaki Veggies & Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Chicken Breast



Carrot



Green Beans



Panko Breadcrumbs



Baby Spinach Leaves



Teriyaki Sauce



Garlic Aioli

Hands-on: **35-45 mins**
 Ready in: **40-50 mins**

Eat Me Early

Give chicken schnitzel an Asian-style twist by serving it with garlic aioli for dipping, plus a side of teriyaki veggies. It's such a crowd-pleasing combo that you'd better prepare for repeat requests!

Pantry items

Olive Oil, Butter, Plain Flour, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
chicken breast	1 packet	1 packet
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
plain flour*	2½ tbs	½ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
teriyaki sauce	1 packet (65g)	1 packet (130g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3801kJ (908Cal)	621kJ (148Cal)
Protein (g)	46.9g	7.7g
Fat, total (g)	30.4g	5g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	109.5g	17.9g
- sugars (g)	14.3g	2.3g
Sodium (mg)	2136mg	349mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **chicken** in batches until golden and cooked through, **2-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan.

2



Get prepped

While the rice is cooking, place each **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick. Thinly slice the **carrot** into half-moons. Trim and halve the **green beans**.

5



Cook the veggies

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **green beans**, stirring, until tender, **4-5 minutes**. Add the **baby spinach leaves** and **teriyaki sauce** and cook, stirring, until wilted, **2 minutes**. Season with **pepper**.

3



Crumb the chicken

In a shallow bowl, combine the **plain flour** and the **salt**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** first into the **plain flour**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.

6



Serve up

Slice the chicken schnitzels. Divide the garlic rice, chicken and teriyaki veggies between plates. Serve with the **garlic aioli**.

Enjoy!